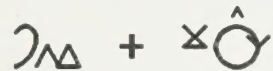
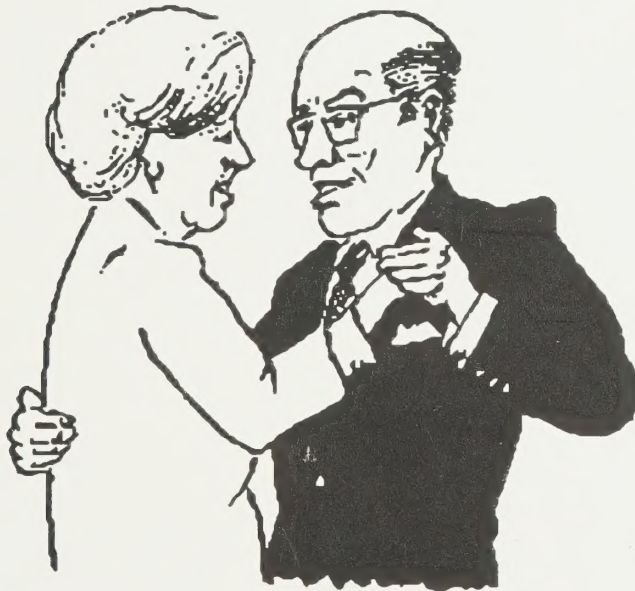


Being Sexual: An Illustrated Series On Sexuality and Relationships

SEXUALITY AND AGING



By Susan Ludwig and David Hingsburger



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

Blissymbols used herein are derived from symbols described in Semantography, original copyright © C.K. Bliss 1949. © Blissymbolics Communication International, 250 Ferrand Drive, Suite 200, Don Mills, Ontario, Canada M3C 3P2. Exclusive licensee 1982.

The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

The first printing of Being Sexual was made possible by funding from:

Blissymbolics Communication International,
Sir Joseph Flavelle Foundation,
Learnxs Foundation,
George Lunan Foundation,
Claudia Wood, and
Health Services and Promotion Branch, Health and Welfare Canada,
through the AIDS Information and Education Contribution Program.

Published by SIECCAN, the Sex Information and Education Council of Canada, 850 Coxwell Avenue, East York, Ontario, Canada M4C 5R1 (416-466-5304; 416-778-0785 FAX). © SIECCAN 1993

Canadian Cataloguing in Publication Data

Main entry under title:

Being Sexual: an illustrated series on sexuality and relationships

Translated into Blissymbols by Claudia Wood, Ruth Harrington and Ginny Storr.

Partial contents: v. 16. Sexuality and aging.

ISBN 1-895866-00-6 (set)

ISBN 1-895866-016-2 (v. 16)

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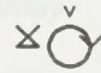
HQ21.B44 1993 306.7 C93-093380-X

Sexuality



(feeling + gender)

Older



(more + year + description indicator)

This is a book about **sexuality** and **growing older**. Many **people** think that **sexual feelings** stop, grow **less important** or are not as good for **older people**. These thoughts are incorrect. Although some things about their **sexual** lives **change**, the **sexual** patterns **people** establish during their youth will **continue** into their later years.

$$\times \overset{v}{\bigcirc} \perp \hat{\Phi} = \overset{x}{|}_2 . \overset{x}{|}_3 \rightarrow \overset{x}{\pm} \overset{v}{\Delta} \updownarrow + \overset{x}{\heartsuit} .$$

Older people are (the) same as others. They will continue to have sexual thoughts and feelings.



Intimacy



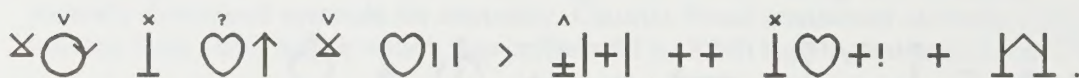
(feeling + close)

(To) Share

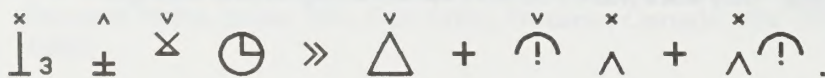


(to have + together + action indicator)

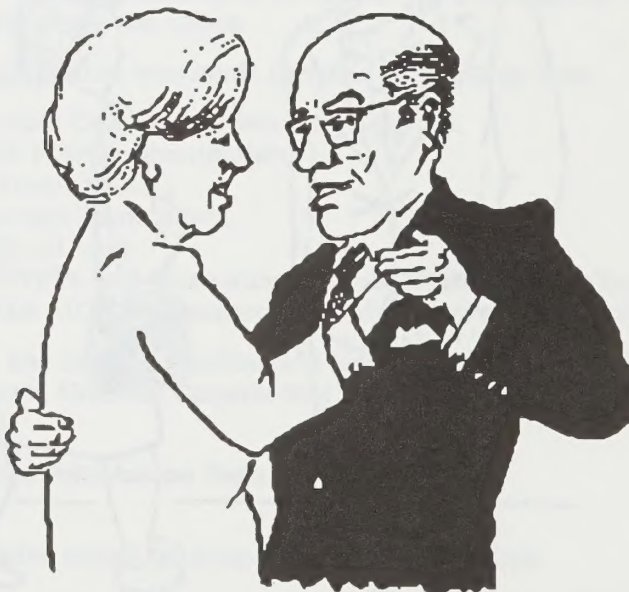
As **people** get **older**, many appreciate more the **feeling** of warmth or **intimacy** that comes from **sharing** in close friendships and relationships. They have time to devote to creative and interesting hobbies and activities.



Older people may enjoy more (the) intimacy of sharing with friends and family.



They have more time for creative and interesting activities and hobbies.



Healthy

4

(health + description indicator)

They may not **feel** the **strong sexual urge** as often as **younger people** do. Activities like **touching** and **stroking** still **feel** good. Some **doctors** believe that **continuing** to **enjoy sexual activity** may help an **aging person feel well** and stay **healthy** for a longer time.

$\overset{x}{\perp}_3 - ! \overset{?}{\heartsuit} \overset{v}{!} \rangle \wedge = \times \overset{v}{\odot} = \times \overset{v}{\ominus} \overset{x}{\perp} .$

They may not feel (the) strong sexual urge as often as younger people.

$\overset{\wedge}{\downarrow} + \overset{\wedge}{\downarrow} \rightleftharpoons \overset{?}{\rightarrow} \overset{\wedge}{\heartsuit} \overset{v}{\heartsuit} + ! + \overset{?}{\perp} \times \overset{v}{\odot} \perp \overset{\wedge}{\heartsuit} \overset{v}{4} \times \overset{v}{\odot} .$

Touching and stroking may continue to feel good and may help (an) older person feel healthy longer.



(To) Change



(change + action indicator)

Sometimes **illness** or **changes** in the **body** from **aging** may affect the way a **person** has **sexual intercourse**. Being **older** may mean having to learn to overcome possible **limitations** to **sexual pleasure**.

^ < x O ^ ? ^ ⊥ ⊕ K .

Illness or aging may change how (a) person has sexual intercourse.

x O ⊥ / ^ ⊥ ⊕ ? | | > ♥ ↑ ^ .

(An) older person may need to learn to overcome possible limitations in relation to sexual pleasure.

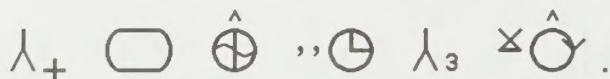


Man

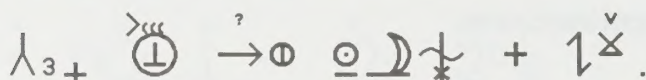


(combination of person and male)

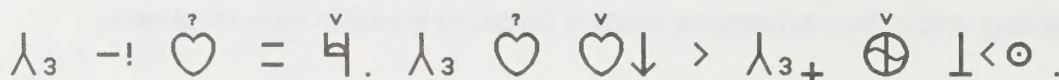
A **man's body** will undergo many **changes** as he **ages**. He may find the shape of his **body changes**. His hair may turn grey, and he may lose some of it. He may not **feel** as physically **strong** as he was when he was **younger**. He may **feel unhappy** about his **changing appearance**.



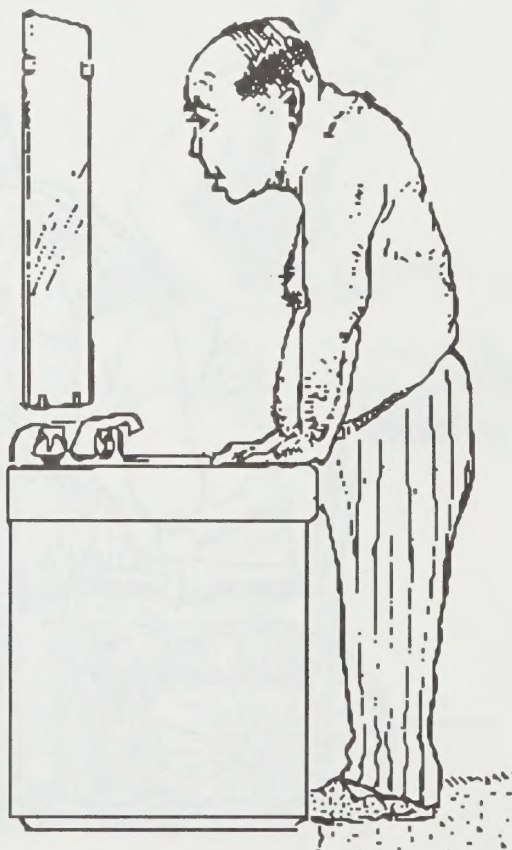
(A) man's body changes when he ages.



His hair may become grey and thinner.



He may not feel as strong. He may feel unhappy about his changing appearance.

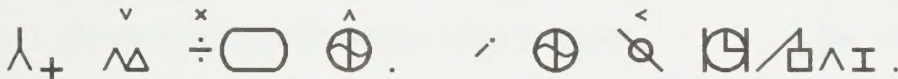


Climacteric (Male)

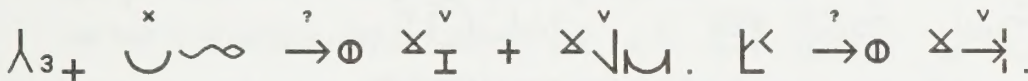


(limited time + hormone (male) + to decrease)

The **sexual** parts of a **man's** **body** **change**. These **changes** are called **climacteric**. Because of lower **hormone** levels, he may find that his **testicles** are somewhat smaller and **softer** than they were when he was a **young man**. He may take longer to get an **erection**, and his **erections** may seem **less** hard. Sometimes he may lose an **erection** while he is having **sexual intercourse**. It may take him a longer time to **ejaculate**, and it may seem that he **ejaculates** smaller quantities of **semen**.



(A) man's sexual body parts change. This change is called climacteric.



His testicles may become smaller and softer.

(An) erection may become more difficult.



Ejaculation may take longer, and the amount (of) semen may be less.

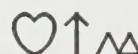


(To) Enjoy



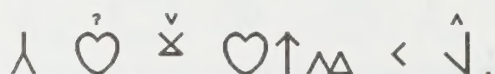
(pleasure + action indicator)

Sexual Pleasure



(pleasure + sexual)

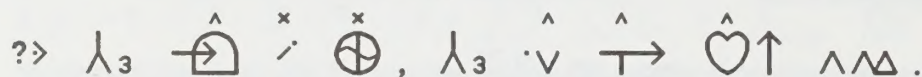
On the other hand, he may receive more **pleasure** from **touching** his **partner**. He may not need to have an **orgasm** every time he and his **partner share sexual pleasure**. If he understands that these **changes** are normal, he can still **continue to enjoy sexual activity**.



(A) man may feel more sexual pleasure from touching.



He may not need to have (an) orgasm every time he shares sexual pleasure.



If he understands these changes, he can continue to enjoy sexual activity.



Woman



(a combination of person and female)

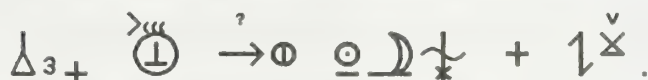
A **woman's body** also **changes** as she gets **older**. She will notice a **change** in the shape of her **body**. Her hair may turn grey and become thinner. She may not **feel** as physically **strong** as she was when she was **younger**. She may **feel unhappy** about her **changing appearance**.



(A) woman's body also changes when she ages.



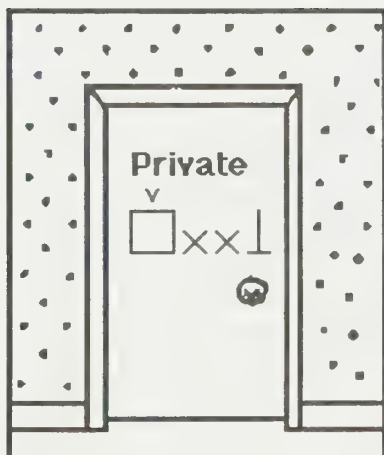
Her body changes shape.



Her hair may become grey and thinner.



She may not feel as strong. She may feel unhappy about her changing appearance.



(To Have) Hot Flushes



(to feel + hot + intensity)

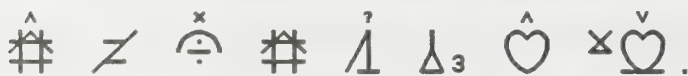
Lower **hormone** levels will cause **changes** to her **sexual body parts**. She may experience sensations called **hot flushes**-becoming very **hot**, **sweating**, then perhaps **feeling chilled** afterwards. A **woman** can learn to prepare for **hot flushes** by wearing several light layers of clothing. Then she can take one layer off if she becomes **hot** or add a layer if she becomes **cool**.



Less hormones will cause sexual body parts to change.



(A) woman may have hot flushes, may sweat and then may feel chilly.



Wearing different kinds (of) clothing may help her to feel more comfortable.

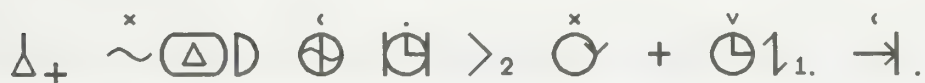


Menopause



(end + menstruation)

A **woman's periods** may become very irregular and will eventually stop. This is called **menopause**. These **changes** may happen over a period of several years. One year after a **woman** has her last **menstrual period**, she has finished **menopause**.



(A) woman's menstrual periods will change during several years and will finally stop.



This change is called menopause.



Sexual Intercourse

 $\omega \llcorner$

(to combine + genitals)

The **hormone changes** also cause her **breasts** to grow smaller and her **vulva** to become **less** fleshy. It may take longer to have enough vaginal lubrication to have **sexual intercourse**. She and her **partner** will **want to continue sexual activity** until her **genitals** are wet enough so they can **enjoy intercourse**. They may **choose** to use a **personal lubricant** to help.

 $1 \times \quad \nearrow \square \Delta \quad \hat{\oplus} \quad \omega \quad + \quad \wedge (\hat{\Delta}) \quad \nearrow \square \Delta$

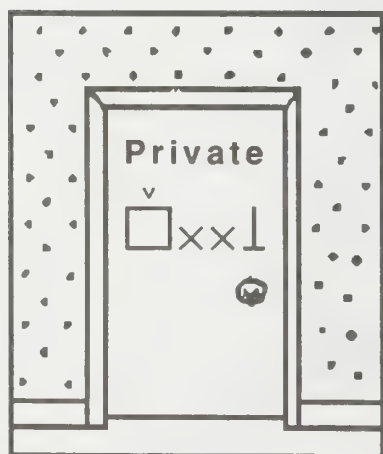
Less hormones change (the) breasts and (the) vulva.

 $\Lambda \quad \heartsuit \quad \rightarrow \quad \nearrow \square \Delta \quad \times \quad \Delta + \quad \llcorner \quad \sim \quad \gg \quad \heartsuit \uparrow \quad \omega \llcorner$

(A) couple will want to wait until (the) woman's genitals moisten in order to enjoy sexual intercourse.

 $\nearrow \square \sim \quad \overset{?}{\uparrow}$

(A) lubricant may help.



Feelings



(feeling + plural indicator)

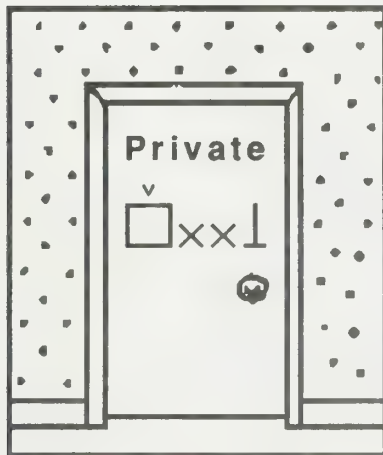
The emotional effects of **aging** may cause difficulties with **sexual activity**.
The bodily **changes people** experience may cause some to **feel sad** and **embarrassed**.

⌘ ∘[^] ∴[?] →^x ∴[!] > ^ ^ .

Aging may cause difficulties in relation to sexual activity.

⊕[^] ∅[?] ∴^v ∴^x ∴[!] ∴[^] ∴^v ↓ + ∴^v ∴[!] ↑ ↓ .

(A) changing body may cause some people to feel sad and embarrassed.



(To) Want



(feeling + fire + action indicator: to have an emotional desire)

Sexual Activity



(activity + sexual)

If a **partner** dies, a **person** may still **feel** the need for **sexual activity**. He or she may also **feel bored** and **lonely**.

?>  ,    .

If (a) partner dies, (a) person may continue to want sexual activity .

     .

He or she also may feel bored and lonely.



Masturbation

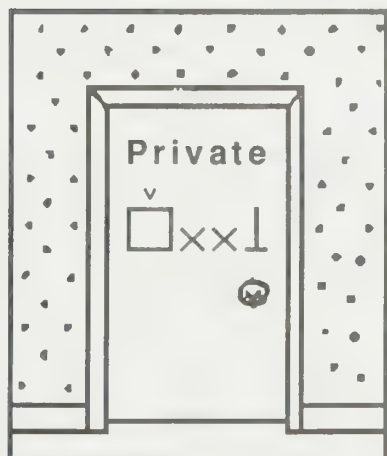
⌞↙♥↑

(genitals + to touch + pleasure)

Masturbation may help an **aging person** unable to **share sexual pleasure** with a **partner**.

⌞↙♥↑ 1 ✕Ö↘ ⊥ -! ·^ ^+|+| ♥↑^ ++ ↗.

Masturbation may help (an) older person unable to share sexual pleasure with a partner.



Changes



(change + plural indicator)

Many experts wonder if the emotional effects of **menopause** and **climacteric** are caused by the **hormone changes** or by other **changes** that a **person** experiences during this time. Children may grow up and leave home. Parents may become sick and die. Friends may begin to have chronic **illnesses** and physical problems.



Other life changes (occurring) during menopause or climacteric



may cause emotional difficulties.



Less



(opposite meaning + more + description indicator)

Interest

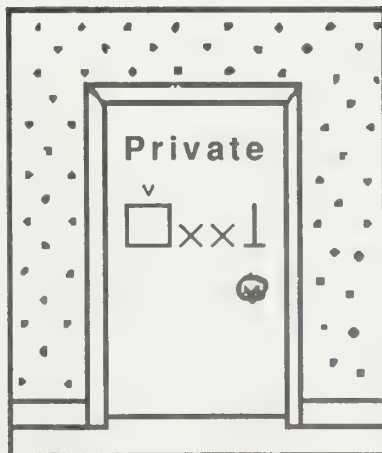


(mind + intensity)

It is **important** to remember that some **older people** feel **less interest** in **sexual activity** at this time.



Important - some older people feel less interest in sexual activity.



Residential Institutions



(residential institution + plural indicator)

Privacy



(to close + public)

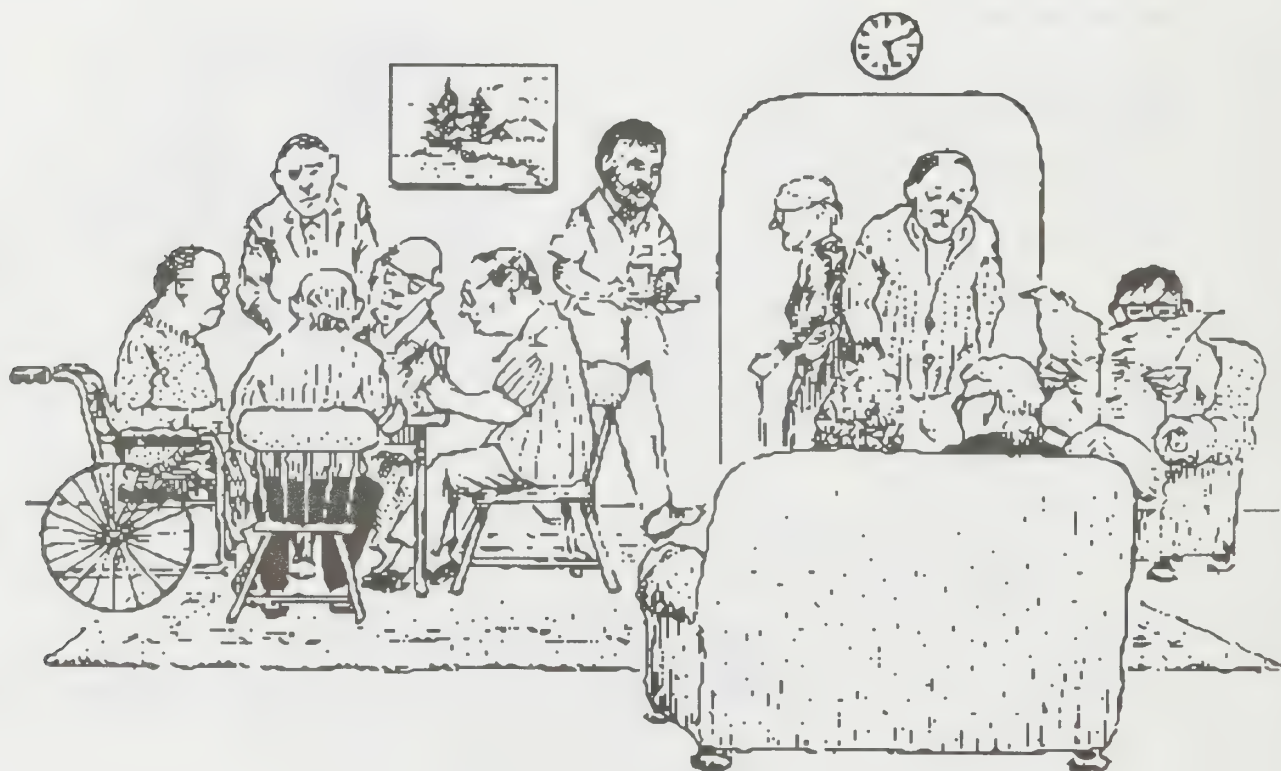
Some **older people** live in **institutions** rather than on their own. Unfortunately, many do not provide their residents with **privacy**.



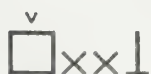
Residential institutions exist to take care of older people.



Personal privacy may be difficult inside (an) institution.



Private



(to close + public + description indicator)

Sexual Activity



(activity + sexual)

There may never be an opportunity for **private sexual activity**. Husbands and wives may not be allowed to sleep together.



Private sexual activity may be impossible.



(A) married couple may not be allowed to sleep together.



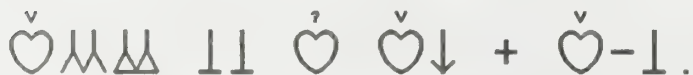
Homosexual Activity



Homosexual activity may not be allowed. This may cause a **homosexual couple** to **feel sad** and **lonely**.



Homosexual activity may not be allowed.



(A) homosexual couple may feel sad and lonely.



(To) Enjoy



(pleasure + action indicator)

Sexuality



(feeling + gender)

It is **important** to recognize that **sexual activity** is not only for the **young**.
Opinions like this cause many problems for **people** who **want** to **continue** to
enjoy their **sexuality**.



Important - sexual activity is not only for young people.



All adults can continue to enjoy their sexuality.



Feelings



(feeling + plural indicator)

Questions



(question + plural indicator)

It is **important** to choose someone to discuss any **feelings** and **questions** you may have about **sexuality** and **aging**.

$$\hat{\cup} \quad \hat{\otimes} \quad \setminus \perp \quad \hat{\circ} \rightleftharpoons \perp_2 + \quad \heartsuit^x + \boxed{?}^x > \heartsuit_{\Delta} + \times \hat{\circ}.$$


Happy



(feeling + up + description indicator)

Healthy

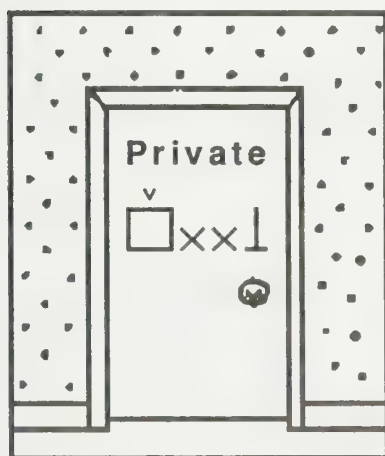


(person [modified] + arm)

It is **important** to **continue** to **enjoy sexual activity** as long as possible. Close contact with a **partner** can help a **person** to **feel happy** and **healthy**.

  ++     + .

Important - sharing sexual activity with another can help (a) person to feel happy and healthy.



(To) Enjoy



(pleasure + action indicator)

Sexual Activity



(activity + sexual)

Many **doctors** believe that **continuing** to **enjoy sexual activity** may **lessen** some of the problems related to **aging** for some **people**.



Many doctors believe (that) continuing to enjoy sexual activity may decrease



some of the difficulties related to aging for some people.



(To) Enjoy



(pleasure + action indicator)

Sexuality



(feeling + gender)

The later years are a time to **enjoy** life. **Older people** have more time to discover and to learn. New discoveries may include exploring new ways of relating to a **sexual partner**. **People** can **continue** to **enjoy** their **sexuality**.



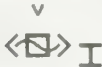
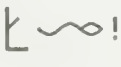
Important - older people can continue to enjoy living.



They can also continue to enjoy their sexuality.



Glossary of Key Words and Blissymbols

age (to)	aging	(more + year + action indicator)	
become (to)		(to advance + to be + action indicator: to come to be)	
body		(pictograph: the symbol suggests the trunk of the body, without head and limbs. The symbol may be used for body in a general sense.)	
breasts		(body + two pointers, to breasts)	
change (to)		(weather [modified] + action indicator : Charles Bliss says that weather is ever-changing. The symbol represents change in a more general sense.)	
chilly	cool	(cold + little + description indicator)	
choice		(combination of eye <i>and</i> to divide [half-sized] <i>and</i> many: the eye makes a choice among many things)	
continue (to)		(forward [extended] + reference line [half-sized] + action indicator: the arrow passes a reference line and continues on)	
couple		(person + person)	
couple	married couple cohabitants	(man + protection + woman: a man and a woman living under one roof)	
decrease (to)		(little + action indicator: to become smaller)	
difficult		(forward + reference line that has been broken + description indicator)	
doctor		(person + medical)	
ejaculation		(erect penis + sperm + intensity)	

embarrassment		(combination of uncomfortable <i>and</i> upset)	
enjoy (to)		(pleasure + action indicator)	
erection	erect penis	(standing person with erect penis + pointer)	
feeling	emotion	(the symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart)	
gender	sex	(male + female: having either a male or female gender)	
genitals		(standing person + pointer, to genital area)	
happy		(feeling + up + description indicator)	
healthy	well	(person [modified] + arm: + description indicator: the symbol suggests the outline of a person, arm bent, as if exercising to maintain health)	
heat		(fire + two pointers, suggesting radiation of heat)	
illness		(pictograph of a person with knees drawn up in pain)	
important		(mind + two intensity symbols + description indicator: of intense interest)	
intercourse	see sexual intercourse		
interest		(mind + intensity: engaging the mind)	
intimacy		(feeling + close)	
less		(opposite meaning + more + description indicator)	

limitations		(two reference lines, the vertical boundaries of the symbol for enclosure, limiting what lies between them)	
lonely		(feeling + minus + person + description indicator: feeling of being without companionship)	♡-⊥
man		(combination of person <i>and</i> male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	人
masturbation		(genitals + to touch + pleasure)	⊥↘♡↑
menopause		(end + menstruation)	→✂~(Δ)D
menstrual period	period	(liquid + uterus + month)	~(Δ)D
more		(horizontal reference line [half-sized] on midline + much + description indicator: much on a higher level)	⊥ x
older	aging	(more + year + description indicator)	x⊥
orgasm		(excitement + genital)	♡!!!⊥
partner		(person + protection: person who shares one's roof)	人
people		(person + plural indicator)	x ⊥
person		(the symbol suggests a human being standing, with feet turned out)	⊥
private		(to close + public + description indicator)	⊥ x x x
question		(question mark + open: the question is open-ended)	[?]
residential institution		(house + many + person: house in which a group of people live)	⊥ x

sad	unhappy	(feeling + down + description indicator)	
semen		(liquid + sperm)	
sexual		(gender + description indicator)	
sexual intercourse	intercourse	(to combine + genitals)	
sexual pleasure		(pleasure + sexual)	
sexual urge		(fire + gender: sexual desire)	
sexuality		(feeling + gender)	
share (to)		(to have + together + action indicator)	
soft		(to touch + pictograph of the impression made by a thumb when it is pressed into something soft + description indicator)	
stroke (to)		(hand + back and forth + action indicator)	
strong		(person [modified] + muscle + description indicator: the symbol suggests the outline of a person, arm bent, biceps flexed, showing strength)	
sweat (to)		(liquid + skin)	
testicle		(container + sperm)	
touch (to)		(hand + action indicator)	
vulva		(protection + vagina)	

young		(child + description indicator)	
younger		(more + young + description indicator)	
want (to)		(feeling + fire + action indicator: to have an emotional desire)	
woman		(a combination of person <i>and</i> female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.) also female	

Combined Symbol Glossary

The following symbols are normally enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

appearance	(person + in relation to + to see)	
body parts	(part of + body + plural indicator)	
bored	(to feel + without + interest + description after the fact indicator)	
climacteric (male)	(limited time + hormone (male) + to decrease)	
homosexual	(combination of male homosexuality and female sexuality + description indicator)	
hormone (female)	(chemical product + female)	
hormone (male)	(chemical product + male)	
hot flushes (to have)	(to feel + hot + intensity + action indicator)	
lubricant	(chemical product + to moisten)	
sexual activity	(activity + sexual)	

Being Sexual: an illustrated series on sexuality and relationships

1 Relationships. Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

2 A Woman's Body. Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

3 A Man's Body. Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

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